



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer 2025 Session Guide

June 22–August 23

**Priority Registration for
Family Members** begins
9:00am Thursday, June 5

**Registration for Program and
Non-Members** begins 9:00am
Monday, June 9

WESTFIELD AREA YMCA

220 Clark St., Westfield | 908-301-YMCA (9622) | westfieldynj.org

At the Westfield Area YMCA, people of every age, ability and life stage have the opportunity to improve their health, build relationships and grow in a supportive community.

Main Y Facility

- 25-yd. indoor lap pool (approx. 81')
- 20-yd. indoor recreational/instructional pool (approx. 88')
- Air-conditioned double basketball gym with 6 hoops
- Cardio Room with natural lighting and 50 pieces of equipment (age 13+)
- Fitness Express Center with hydraulic equipment designed to be used in a 30-min. circuit (age 7-9 with parent, 9+)
- Free Weight Room with perimeter racks, cable column, benches & more (age 15+)
- Strength Training Room with natural lighting and 30+ pieces of equipment (age 13+)
- Men's and Women's Fitness Centers each with a fitness area, whirlpool, sauna, towel service, limited laundry service, day lockers, and permanent kit lockers upon request (age 18+)
- Steam room in men's fitness center
- Two air conditioned racquetball courts (one currently used for fitness)
- 3,600 sq. ft. fitness studio with spring-loaded wood floor and skylights
- Handicapped-accessible family locker room with 12 individualized changing spaces, each with a shower, grab bar and bench
- ADA accessible facility

Classes, Programs and Services

- All land and water fitness classes included
- Open lap swim, basketball, racquetball & pickleball
- Open family swim & gym

Membership

Amenities may be based on membership category.

Membership Categories

Family	Individual	Senior
1-2 adults with children up to age 26 living in the same household	Youth, Teen, College, Young Adult, Adult, Senior	Individual, Family

Nationwide Membership

Enjoy access to participating YMCAs across the United States!

Buddy Up!

Refer a friend and get a FREE month of membership after they join the Y

Horizon Blue Cross Blue Shield of New Jersey Member Discount

Horizon BCBS of NJ members are eligible to receive a 15% discount on a monthly membership/waived Joiner's Fee! Present your Horizon ID Card at the Welcome Center to apply discount and/or waived initiation fee.

Questions about Membership?

Contact Scott Weber at sweber@westfielddynj.org or x280.



Main Y Facility 220 Clark Street, Westfield

SUMMER HOURS

Summer hours begin June 22.
Normal hours will resume September 2.

Monday-Thursday
5:00am-10:00pm

Friday
5:00am-8:00pm

Saturday
6:00am-6:00pm

Sunday
7:00am-3:00pm

HOLIDAY HOURS

Closed Friday, July 4 (Independence Day)

Closed Monday, September 1 (Labor Day)

ADMINISTRATIVE SUPPORT OFFICES

111 Ferris Pl., Westfield

ROBERT & VIRGINIA BAUER FAMILY BRANCH YMCA

422 East Broad St., Westfield

EARLY LEARNING CENTER YMCA

170 Elm St., Westfield

CRANFORD YMCA

401 Centennial Avenue, Cranford

Financial Assistance

We believe in serving the needs of all members of our community including those suffering a bona fide financial hardship that cannot pay the full cost of membership or programs. Applications are available online and at all Westfield Area YMCA facilities.

Questions? Contact Shannon McGillis at smcgillis@westfielddynj.org or x268.

HOME FOR THE SUMMER College Membership

Train on your own terms with flexible, no-commitment use of our facilities all summer long! Perfect for summer break or semester schedules, you'll pay one month at a time and renew as needed.

Offer valid May-August 2025.



KIDS CLUB 18 mo-9 yr

Enjoy your workout knowing your child is having an amazing time in the same building!

- Present child's birth certificate first time attending
- Parent/guardian must be a member and remain in the building
- Nut free snacks & drinks are permitted
- FREE for Gold members; fee for Silver
- 1.5 hour max. for 18 mo- 2 yr and 2 hour max. for age 2 yr+

Learn more: westfielddynj.org/kids-club

SUMMER HOURS

Mon-Fri:

8:45am-12:00pm

Sat:

8:45am-12:30pm



SCAN TO REGISTER



PERSONAL TRAINING 13+ yr

Available in packages of five, ten, or twenty sessions for 30, 45, or 60 minutes

Our skilled and supportive personal trainers are excited to get you in shape and feeling great! We're here help you to improve your health and wellness in a safe, effective way. Whether you are jump starting your fitness regimen, need post-rehab conditioning, or want sport- specific training, we work with you to meet your needs and goals.

OFFERING:

- Boxing-focused training
- Teen packages

INTRO SPECIAL

3 Individual 45 min. sessions for \$119!

Available to members who have not purchased training in the past calendar year.

CRANFORD YMCA

The newest branch of the Westfield Area YMCA in partnership with the Township of Cranford



Scan QR code to view Cranford YMCA programs or visit: westfielddynj.org/cy

HEALTH & WELLNESS

**CLASSES ARE INCLUDED
IN MEMBERSHIP!**

View schedules in real-time on
our website.

FITNESS CLASSES

LITE/LOW IMPACT

Arthritis Exercise

Reduce pain, stiffness, and fatigue associated with arthritis. May be done seated or standing.

Ballet

Build strength, stamina, and posture through a mix of barre and center exercises. Great for both beginners and those with more experience. Ballet slippers or cotton socks are recommended.

Barre

Improve strength, flexibility, and balance through ballet-inspired moves, light weights, and other equipment. Cotton socks are recommended.

Bone Smart

Stimulate and strengthen your bones with an interdisciplinary workout.

Delay the Disease: Sit N' Be Fit!

Address issues associated with Parkinson's. Studies show that movement and exercise help to alleviate symptoms. Use light weights and props to maintain and improve strength, flexibility, and balance. May be done seated or standing with modifications based on needs.

Functional Strength, Balance and Basic TRX®

Basic functional movements, TRX®, weights, and other props are used to improve strength, flexibility, and balance.

Lite Cardio, Strength & Balance

Low-impact cardio paired with strength and balance movements. Great for anyone beginning an exercise routine.

Lite Total Body Fitness

Improve heart health and maintain overall strength with gentler movements, light weight training, easy core exercises, and other equipment.

STRENGTH

TRX®

Develop strength, balance, flexibility, and joint stability using body weight and a TRX® Suspension Trainer hung from an overhead anchor point.

Total Body Strength

Improve balance, core, and muscle strength with weights, resistance tubing, and other props.

Total Body Strength Circuits

Designed to target various muscle groups as you work your way through a series of stations or exercises each with a specific strength focus. Various types of resistance are used.

MIND & BODY

Chair Yoga

Enjoy yoga's benefits without having to get up/down from a mat! Improve balance and flexibility with chair-assisted movements. Learn mindfulness and breathing techniques that reduce stress and insomnia, and calm the nervous system.

Pilates

Improve core strength and balance, increase flexibility and enhance athletic performance.

Power Flow Yoga

(Saturday Class): Vinyasa inspired practice is a flow of poses that links breath to movement through dynamic and challenging sequences designed to build strength, increase stamina, and flexibility.

(Sunday Class): Moderate to advanced Ashtanga sequences and flow asanas that relax the body, mind and soul.

Yoga

Breathing, relaxation, and postures.

Stretch & Roll

Stretching techniques and the use of foam rollers are combined to help alleviate pain and tension in the muscles and fascia (myofascial release).

CARDIO

Cycle & Strength

30-40 min. of cycle followed by a focus on strength and abs all in one great class!

Kickboxing

High-energy workout builds strength and stamina by blending basic punching and kicking combinations with core conditioning.

Spin

Focus on strength, speed, and endurance. An energizing workout sure to raise your heart rate! Choreographed to great music!

Zumba®

Engage your entire body in this lively dance fitness class with great music and a Latin flair!

COMBO/HYBRID

Body Weight Tabata

Tabata intervals (20 sec. work, 10 sec. rest) focus on exercises that build strength and cardiovascular endurance. Intensity may be increased by adding weights.

Boot Camp

High intensity, full body workout designed to build strength, endurance and agility. Inspired by military training, class involves a combo of cardio, strength and bodyweight exercises done in quick succession to maximize fitness benefits.

Cardio & Strength

High Intensity Interval Training (HIIT) format class moves swiftly between cardio, strength, and core exercises.

Cardio/Strength/Core Intervals

Enhance cardio endurance and muscular/core strength with timed segments of these 3 vital components of fitness.

R.I.P.P.E.D.®

Resistance, Intervals, Power, Plyometrics and Endurance training are used to challenge cardio and endurance levels.

Rumble®/Kickboxing & Strength

30 min. of Rumble (cardio martial arts by the makers of R.I.P.P.E.D.®) or kickboxing followed by 30 min. of strength. Come for one segment or both!

Questions about Fitness Classes?

Contact Jenny Stanley at jstanley@westfieldynj.org or x256.

FITNESS CLASSES

Classes are in Weldon Room unless noted:
 • = Kellogg Room 1
 + = Racquetball Court



Scan to join the Group Fitness Email List and view classes with zoom options

SUNDAY

8:30–9:15am
Body Weight Tabata
 Alex

9:30–10:25am
Total Body Strength
 Kate

10:45am–12:00pm
Power Flow Yoga
 Karim

MONDAY

6:00–6:45am
Total Body Strength
 Heidi

9:00–9:50am
Cardio/Strength/Core Intervals
 Jean

10:10–11:00am
Yoga
 Liz

11:15am–12:05pm
Functional Strength, Balance & Basic TRX®
 Jean

12:30–1:25pm
TRX®
 Jean

6:00–6:50pm
Total Body Strength
 Jackie

7:00–7:55pm
Cycle & Strength
 Erin

TUESDAY

6:00–6:45am
Cycle & Strength
 Heidi

8:00–8:50am
Lite Total Body Fitness
 Lilian

9:00–10:00am
Cycle, Strength & Abs
 Jackie

9:15–10:00am
NEW! Zumba® •
 David

10:30–11:15am
Pilates
 Jean

11:30am–12:20pm
Delay The Disease Sit 'N Be Fit!
 Jean

12:30–1:15pm
Arthritis Exercise
 Patti

5:45–6:40pm
Boot Camp
 Ellery

7:00–7:50pm
TRX®
 Chrissy

7:20–8:10pm
Yoga •
 Sandeep

WEDNESDAY

6:00–6:45am
Boot Camp
 Ellery

8:00–8:50am
Total Body Strength
 Jean

9:00–9:50am
Cardio & Strength
 Natalie

9:10–10:00am
Chair Yoga +
 Madeline

10:10–11:00am
Yoga
 Madeline

11:15am–12:05pm
Lite Cardio, Strength & Balance
 Stacy

12:30–1:25pm
TRX®
 Jenny

6:15–7:00pm
Spin
 Andy

7:10–7:40pm
Rumble®/Kickboxing
 7:40–8:10pm
& Strength
 Jenny

THURSDAY

6:00–6:45am
Cycle & Strength
 Heidi

8:00–8:50am
Lite Total Body Fitness
 Lilian

9:00–9:50am
Strength & TRX®
 Jean

9:15–10:00am
NEW! Zumba® •
 David

10:10–11:00am
Core Stretch & Roll
 Chrissy

11:15am–12:05pm
Delay The Disease Sit 'N Be Fit!
 Jean

12:15–1:05pm
Bone Smart
 Myriam

6:00–6:55pm
Cycle & Strength
 Stew

7:15–8:15pm
Ballet
 Isabella

FRIDAY

9:00–9:50am
Kickboxing
 Natalie

9:00–9:45am
Total Body Strength Circuits •
 Kerry

10:10–11:00am
Yoga
 Heather

11:15am–12:05pm
Lite Cardio, Strength & Balance
 Jenny

SATURDAY

8:00–8:55am
Cycle & Strength
 Stew

9:10–10:00am
Power Flow Yoga
 Heather

10:10–11:10am
R.I.P.E.D.®
 Jenny

11:15–12:15pm
Barre
 Jolene

Questions about Fitness Classes? Contact Jenny Stanley at jstanley@westfieldynj.org or x256.

Intro to Weight Training Age 18+

Tuesday, 9/2, 9/9, 9/16, 9/23
12:45-1:30pm

Build your foundation in fitness and discover your strength! Supervised by Y trainers, clinics consist of a 45-minute sessions that blend weights and strength equipment into one comprehensive 4-week program. Registration is required.

NEW STROKE RECOVERY EXERCISE PROGRAM



This specialized exercise program is designed to support stroke survivors in their rehabilitation journey. Participants receive guidance to enhance function, regain independence, and optimize their abilities. Led by Y stroke recovery specialists, this program allows survivors to achieve their personal goals in a supportive and encouraging environment.

Class meets Wednesdays, 1:45-2:30pm in the Weldon Room

Interested in the Stroke Recovery Exercise Program? Contact Jean White at jwhite@westfieldynj.org or x246.



ADULT TAEKWONDO Gedman's Black Belt Academy of the Westfield Area YMCA

Tuesday & Thursday, 8:00-9:00pm

Classes are rooted in real-world practical applications including efficient and effective self-defense. The program is designed to help men and women of all skill levels enjoy the best blend of strength development, speed and agility exercises, cardiovascular workouts while managing stress, gaining mental balance and confidence.

More details about Taekwondo on page 12.

ADAPT-ABILITY

Physical, recreational, and social programs for young adults age 18+ with special/adaptive needs

Classes resume in the fall.



Cooking

Try out some delicious and nutritious recipes for snacks and simple dishes using ingredients that are grown in gardens.

Game Night

Catch up with friends and share some laughs playing the game of the night. Each week will highlight a different game: Trivia, Uno, Trouble, and BINGO are all on the list.

Group Exercise

Led by a Y instructor and inclusion assistants, this low-impact fitness class ensures that everyone can participate at their own pace in a comfortable and supportive group setting.

Interested in Adapt-Ability? Contact Carly Kaplan, Inclusion Coordinator prior to registering to ensure that we are able to accommodate the needs of the participant in the class at ckaplan@westfieldynj.org or x406.

ADULT AQUATICS

WATER FITNESS

INCLUDED IN MEMBERSHIP!

Classes are 45 min. in Rooke Pool unless noted: • = Wallace Pool

MONDAY

8:00am Arthritis Aquatic Exercise

8:45am Aqua Lite (Dual Depth)

9:30am Let's HIIT It! •

10:30am Strength, Flexibility & Balance

TUESDAY

10:30am Ai Chi

7:00pm Aqua Fit Deep •

WEDNESDAY

8:00am Arthritis Aquatic Exercise

8:45am Aqua Lite

9:30am Aqua Fit •

9:40am Arthritis Aquatic Exercise

10:30am Heart Smart

THURSDAY

10:10am Aqua Dance Party •

11:00am Aqua Dance Lite

FRIDAY

8:00am Arthritis Aquatic Exercise

8:45am Aqua Lite

9:30am Aqua Fit (Dual Depth)

Let's HIIT It!

Push yourself to the max with Tabata and other heart pumping intervals. Buoyancy belt is provided for deep water classes.

Arthritis Aquatic Exercise

This AEA Arthritis Foundation shallow water class incorporates gentle exercises for improved mobility, balance, flexibility and range of motion.

Aqua Lite

Light/moderate full-body workout integrates core and cardio conditioning in deep water. Buoyancy belt for proper alignment provided.

Strength, Flexibility & Balance

This shallow water class works to improve balance by increasing overall strength & flexibility. Includes a variety of moves that enhance range of motion and improve overall mobility as well as light to moderate cardio.

Ai Chi

Enhance balance, flexibility, and strength through breathing and slow, continuous movements in warm water. Combines Tai Chi, Qigong, and Watsu techniques.

Aqua Fit

This medium-intensity, full-body workout combines cardio and strength exercises. Drag and buoyancy equipment may be used.

Heart Smart

Higher-intensity shallow water cardio class uses intervals and the resistance of the water to get the heart rate up with total body moves that improve overall fitness.

Aqua Dance Party

Follow along and enjoy some of your favorite songs during this high-energy workout full of classic Aqua Zumba moves!

Aqua Dance Lite

A lower-intensity version of Aqua Dance Party!



View pool schedules in real-time on our website!

Questions about Water Fitness?

Contact Beth Folvik at bfolvik@westfieldynj.org.

SWIM LESSONS

Age 17+. Lower fee for Gold members.

Swim Basics

Learn essential water safety and basic swimming skills at your own pace in a judgment-free zone. Overcome fears and become water-confident.

Wed 7:00-7:45pm (Wallace)

Stroke Development

Develop and build endurance on all four strokes. Set and accomplish goals with your instructor.

Wed 7:45-8:30pm (Wallace)

Questions about Adult Swim Lessons?

Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276.



YOUTH AQUATICS

Note: Child is required to wear a swim diaper if not 100% potty trained

SWIM LESSONS

Swim lessons accommodate varying abilities to help foster a sense of achievement as swimmers progress. This approach allows advanced swimmers to flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime. Free swim level assessments are available.

Parent/Child: Stage A

Instructors use songs and games to encourage students and parents to learn skills, explore the environment and equipment used in swim lessons, and learn how to be safe in and around water.

Parent/Child: Stage B

Introduces and enhances understanding of the aquatic environment. Instructors guide students through a variety of skills including floating, the progression of going underwater, using swim equipment, forward underwater movement, arm and leg movements, and the fundamentals of self-rescue and water safety.

Stage 1: Water Acclimation

Child is still new to the pool. The purpose of the class is to increase comfort with underwater exploration and introduce basic self-rescue skills with the instructor's assistance.

Stage 2: Water Movement

Child can independently submerge underwater and swim a few feet with or without floatation. Focuses on body position, front/back float, forward underwater movement, rolling from front to back, directional change, and basic self-rescue skills.

SUNDAY		
8:00am	Parent/Child: Stage A	6-24 mo
8:35am	Parent/Child: Stage B	2-3 yr
9:10am	Stage 2	3-6 yr
	Stage 4	
9:45am	Stage 1	3-6 yr
	Stage 3	
10:20am	Stage 2	6-12 yr
	Stage 3	
	Stage 4	
10:55am	Stage 2	3-6 yr
	Stage 3	

Stage 2: Water Movement

Child can independently submerge underwater and swim a few feet with or without floatation. Focuses on body position, front/back float, forward underwater movement, rolling from front to back, directional change, and basic self-rescue skills.

Stage 3: Water Stamina

Child can swim, roll to a float and return to swim width of the pool (20 ft). Continues to focus on self-rescue skills while learning to swim longer distances, tread water, and retrieve an object from the bottom of the shallow end.

Stage 4: Stroke Introduction

Child can swim/float the length of the pool (60 ft). Student develops proper front crawl including rudimentary rotary breathing, back crawl, breaststroke kick and butterfly kick. The water safety conversation continues and is reinforced through skills like treading water and elementary backstroke.

MONDAY		
9:30am	Stage 3	3-6 yr
	Stage 4	
10:00am	Stage 1	3-6 yr
	Stage 2	
3:30pm	Stage 2	3-6 yr
	Stage 4	
4:05pm	Stage 3	3-6 yr
	Stage 5	
4:40pm	Stage 2	3-6 yr
	Stage 4	
5:30pm	Stage 6 » •	5-8 yr
		8-12 yr
6:15pm	Aquatic Conditioning » •	6-10 yr
		10-15 yr

Stage 5: Stroke Development

Child can swim 50 yds. of each proper front crawl, back crawl, breaststroke kick and butterfly kick. Improve upon all major competitive strokes. The water safety conversation continues and is reinforced through treading water and sidestroke.

Stage 6: Stroke Mechanics

Child can effectively and efficiently swim 100 yds. of any or combined strokes. Student refines stroke technique, develops endurance for competitive & non-competitive strokes and learns flip turns.

Aquatic Conditioning

Child has completed the group swim lesson program (through Stage 6) and can effectively and efficiently swim 150 yards of any combination of strokes. Student builds endurance, refines competitive strokes and improves starts and turns. Great for those who want a competitive workout without team commitment.

TUESDAY		
9:30am	Stage 1	3-6 yr
	Stage 2	
10:00am	Parent/Child: Stage A	6-24 mo
	Stage 2	
2:45pm	Stage 2	3-6 yr
	Stage 3	
4:30pm	Stage 3	3-6 yr
	Stage 4	
5:05pm	Stage 1	3-6 yr
	Stage 2	
5:40pm	Stage 2	6-12 yr
	Stage 3	
6:15pm	Stage 5 »	5-8 yr
		8-12 yr
7:00pm	Stage 4	6-12 yr

Teen Swim Lessons

Age 12-16

Learn essential water safety and basic swimming skills at your own pace in a judgment-free zone. Develop and build endurance on all four strokes. Lessons are 30 min. in Rooke Pool.

Rainbow Fish

Lessons for children age 3-12 with special/adaptive needs

Swimmers work on skills that are appropriate for their ability level. Limited spots available, contact Rob Faggiano for more information.

No Class: 7/4



Questions about Youth Aquatics? Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276.



Lessons are 30 min. in Rooke Pool unless noted:
 » = 40 min. • = Wallace Pool

WEDNESDAY		
4:00pm	Stage 2	3-6 yr
	Stage 4	
4:30pm	Stage 3	6-12 yr
	Stage 4	
5:05pm	Rainbow Fish	3-12 yr
5:40pm	Stage 2	3-6 yr
	Stage 3	
6:15pm	Parent/Child: Stage B	2-3 yr
6:20pm	Teen » •	12-16 yr

THURSDAY		
9:30am	Stage 2	3-6 yr
	Stage 3	
10:00am	Parent/Child: Stage B	2-3 yr
4:30pm	Stage 2	3-6 yr
	Stage 3	
5:05pm	Stage 3	3-6 yr
	Stage 4	
5:40pm	Stage 2	6-12 yr
	Stage 3	
6:15pm	Stage 2	3-6 yr
	Stage 3	
6:45pm	Stage 2	3-6 yr
	Stage 5	

FRIDAY		
3:30pm	Stage 2	3-6 yr
	Stage 3	
4:00pm	Stage 4	3-6 yr
		6-12 yr
	Stage 5	5-8 yr

SATURDAY		
8:10am	Stage 2	3-6 yr
	Stage 4	
8:40am	Stage 2	3-6 yr
	Stage 3	
9:15am	Parent/Child: Stage A	6-24 mo
	Stage 5 » •	5-8 yr
	Stage 6 » •	8-12 yr
9:50am	Parent/Child: Stage B	2-3 yr
	Stage 2	3-6 yr
10:25am	Stage 3	
11:00am	Stage 3	6-12 yr
	Stage 4	
11:35am	Stage 1	3-6 yr
	Stage 2	
12:10pm	Rainbow Fish	3-12 yr
12:40pm	Rainbow Fish	3-12 yr

Don't see a class time that works for you?
 Let us know and we will do our best to accommodate you!

DEVILFISH COMPETITIVE SWIM TEAM

This year-round developmental and competitive program provides a high level of training and professional instruction for swimmers ages 6-18. It is designed to motivate and challenge swimmers to reach individual goals while enjoying the benefits of a team sport!

- 3 seasons throughout the year across 5 pools
- 11 different practice groups geared toward the swimmer's ability
- 2 pre-team programs
- Swimming practice is paired with training and conditioning performed outside of the pool (Our Dryland Program)



FALL/WINTER SEASON TRYOUTS
 July 8 & 9
 10 yr & under: 5:30-6:30pm
 11-12 yr: 6:30-7:30pm
 July 10
 13 yr & over: 5:30-7:30pm

Our program boasts two Olympic Trial qualifiers, four YMCA National Champions, multiple National top 10 teams and individual finishes, and a YMCA National Championship title.

Questions about Devilfish? Contact Meghan Myers at mmyers@westfieldnyj.org or x263.

SUMMER SWIM CLINICS

FREESTYLE/BACKSTROKE 8/5 - 8/7	
5:30-6:30pm	10 yr and under
6:30-7:30pm	11-14 yr
BREAST STROKE 8/12 - 8/14	
5:30-6:30pm	10 yr and under
6:30-7:30pm	11-14 yr
FLY 8/19 - 8/21	
5:30-6:30pm	10 yr and under
6:30-7:30pm	11-14 yr

Questions about Youth Aquatics? Contact Rob Faggiano at rfaggiano@westfieldnyj.org or x276.

SUMMER CAMP

Westfield Area YMCA Summer Day Camps provide safe, engaging, fun and meaningful camp experiences with enriching activities, fitness, and social and emotional learning for children ages 3-15.

LIMITED SPOTS AVAILABLE!

CAMP WEEKS

Week 1: June 23-27

Week 2: June 30-July 4

Week 3: July 7-11

Week 4: July 14-18

Week 5: July 21-25

Week 6: July 28-August 1

Week 7: August 4-8

Week 8: August 11-15

Week 9: August 18-22

No camp July 4

Traditional Camps

Fun and exciting activities keep your camper active, indoors or outdoors! Teens enjoy leadership programs.



S.T.E.A.M. Camps

Science, Technology, Engineering, Arts and Math... Make new discoveries while enjoying positive, confidence boosting activities.



Sports Camps

Healthy competition, teamwork, individual development, and most of all...FUN!



In-Camp Support

At the Westfield Area YMCA, we believe camp should be inclusive, providing as many opportunities as possible for children to join in the camp fun. Each camper who qualifies is matched with a counselor who is able to provide support as needed throughout the camp day.

Half-Day Complement

Half-day complement is only available before or after all S.T.E.A.M. camps at the main facility to create a full day experience. Enjoy traditional camp activities such as arts and crafts, games and outdoor play. Camp days can be further extended with Before or After Care.



NEW! Explorer Camp

For campers entering Kindergarten-Grade 2
Summer camp weeks 1, 3-8

Location: Washington School (500 East Street, Garwood)

Inside or outside, the fun doesn't stop! This versatile camp includes a spacious outdoor field as well as fully air conditioned indoor classrooms. Campers get their bodies moving with outdoor team building games and cool down with arts & crafts and indoor play!

Each week includes an exciting special event or trip. Campers and staff are bused to the Main Y Facility for swimming.

Note: Before and After Care are not available for this camp.

CHILD CARE EDUCATION

EARLY LEARNING

Programs for children ages 6 months–5 years provide a caring, safe and healthy place to learn foundational skills, develop healthy trusting relationships and build self-confidence and self-reliance. Children develop gross and fine motor, cognitive, social/emotional and language skills. All programs follow the Creative Curriculum, a nationally recognized framework rooted in educational philosophy and theory as well as in practice. Full and half-day programs are available year-round or for the school year.

Early Learning Center YMCA

Contact: Eileen Rooney, rooney@westfieldynj.org or x134

Bauer Family Branch YMCA (Preschool)

Contact: Tracy McSweeney, tmcsweeney@westfieldynj.org or x423

Main Y Facility (Preschool)

Contact: Shannon McGillis, smcgillis@westfieldynj.org or x268



FULL DAY KINDERGARTEN

Full-day Kindergarten features an age-appropriate curriculum that prepares children for first grade. It includes Language Arts using Engaging Readers through children's literature, Foundations, Everyday Math, Handwriting without Tears, and Healthy U. Additionally, students participate in service projects that promote kindness, respect, and community values. Follows the Westfield Public school calendar.

Westfield

Bauer Family Branch YMCA

Contact: Tracy McSweeney, tmcsweeney@westfieldynj.org or x423

KINDERGARTEN WRAPAROUND

A stimulating and enriching 5-day/week theme-based morning program for children who attend afternoon half-day kindergarten in Westfield and Cranford. The curriculum enhances a half-day program by developing educational and social skills through arts & crafts, learning centers, music, games, physical education, special events, use of the outdoor play area and more. Includes transportation to public schools for their afternoon program.

Cranford Community Center (Cranford Program)

Contact: Tarajee Russell,
trussell@westfieldynj.org or x271

Main Y Facility (Westfield Program)

Contact: Melinda McHale,
mmchale@westfieldynj.org or x273



SCHOOL AGE CHILD CARE

Programs are offered after school for grades K-5. Students receive homework support, enjoy arts & crafts, play games and participate in recreational and physical activities both indoors and outdoors.

Westfield

Contact: Melinda McHale,
mmchale@westfieldynj.org or
x273

Garwood

Contact: Megan Gallagher,
mgallagher@westfieldynj.org or
x224

Mountainside

Contact: Amanda McCaskill,
amccaskill@westfieldynj.org or
x265

YOUTH SPORTS

FLYERS TRACK CLUB

This year-round track & field and cross country team offers USATF-certified coaching and specific event technique instruction for athletes ages 7-15. Our goal is to provide a safe and fun environment for every team member to improve skills and achieve success, from novice to international competitor.

SUMMER TRACK

Season: May 30-July 18

All practices are held on Mondays and Fridays at Kehler Stadium in Westfield:

TIME	EVENT	AGE
6:30-7:30pm	Distance	7-10 yr
6:30-7:30pm	Sprints	7-10 yr
6:30-7:30pm	Throws	7-15 yr
6:30-8:00pm	Distance/Sprints PLUS**	9-15 yr
6:30-8:00pm	Distance*	11-15 yr
6:30-8:00pm	Sprints	11-15 yr

*Racewalkers should register for this group
** Coach recommendation required

FALL CROSS COUNTRY

Season: September 5-October 27

Athletes learn proper distance running technique. Cardiovascular endurance is built through interval training, games and drills in small groups based on both age and skill level. All practices are held Monday & Friday at Oak Ridge Park:

TIME	EVENT	AGE
4:45-5:45pm	Distance	7-10 yr
6:00-7:00pm	Distance Blue	9-12 yr
6:00-7:00pm	Distance PLUS*	10-15 yr
6:00-7:00pm	Distance White	11-15 yr

*There is an additional practice on Wednesday at 5:30-7:00pm for Distance PLUS group. Coach recommendation is required.

Questions about Flyers Track Club?

Contact Michelle Almeida at malmeida@westfieldynj.org or x279.

T-BALL

Fall League
Age 4-6

September 8-October 25
Location: TBD

Take me out to the ball game! In this exciting outdoor league, players learn the basics of hitting, throwing, base running and fielding. Practice is 6:00-7:00pm one night per week with a game on Saturday morning (times vary).



Questions about T-Ball? Contact Adrian Sanchez at asanchez@westfieldynj.org or x239.

FALL WARRIORS TRAVEL BASKETBALL

Practices are held weekly in the Main Y Gym. Home and away games are played on weekends in a league of YMCAs and other youth programs. Games are four eight-minute quarters with substitutions every four minutes.

Season: September-November

BOYS

Grades 3-4

Practice on Tuesday or Thursday
Tuesday: 6:15-7:30pm
Thursday: 5:00-6:15pm or 6:15-7:30pm

Grades 5-6

Practice on Wednesday
5:00-6:15pm or 6:15-7:30pm

GIRLS

Grades 3-5

Practice on Wednesday
5:00-6:15pm

Questions about Warriors Travel Basketball or Taekwondo? Contact Nick Morelli at nmorelli@westfieldynj.org or x227.

TAEKWONDO

Gedman's Black Belt Academy of the Westfield Area YMCA

Develop overall physical fitness, strength, flexibility, confidence and self-esteem and apply lessons to maintain personal safety. Our program is led by a team of certified ATA instructors with classes for ages 4 years-adult, from beginners through 5th degree black belts. Program is under the leadership of Master Instructor Pamela Gedman. Location: Bauer Branch

- No annual commitment or contract required
- Uniform is not required for the Intro class
- Beginners are required to attend an 8-week Intro class before beginning rank-specific training
- Participants taking more than one class per week should register for the multi-class option

MONDAY

5:30-6:30pm White-Yellow

6:30-7:30pm Camo-Blue

7:30-8:30pm Brown-Red/Black

TUESDAY

6:30-8:00pm Black Belt

8:00-9:00pm Adult

WEDNESDAY

5:30-6:30pm White-Yellow

6:30-7:30pm Camo-Blue

7:30-8:30pm Brown-Red/Black

THURSDAY

6:00-7:00pm Black Belt

7:00-8:00pm Legacy

8:00-9:00pm Adult

DANCE ACADEMY

The Westfield Area YMCA teaches a variety of dance styles to students of all ages and levels. Our classes develop skilled, well-rounded dancers! Dance Academy is under the direction of Marianna Tsartolia since 2018. Marianna is an alumni of RIOULT DANCE NY and graduated from Merce Cunningham Studio. She has performed in the US and Europe and has worked as a teaching artist since 2000.

FALL SCHEDULE

Session: September 9–December 20

No Class: 11/25–11/29

Joining a class after the session begins is possible if space allows. All classes take place in Kellogg Room 1 or 2.

TUESDAY

4:00–4:45pm Acro 1 4–6 yr

5:00–6:00pm Acro 2 7–10 yr

6:10–7:10pm Musical Theater 8–13 yr

6:15–7:00pm Jazz/Tap 1 6–9 yr

THURSDAY

12:00–12:30pm Dance With Me! 2–3 yr

12:30–1:15pm Little Movers 3–5 yr

4:00–4:45pm Jazz/Hip Hop 1 4–6 yr

4:00–4:45pm Ballet/Tap 1 4–6 yr

5:00–6:00pm Ballet/Tap 2 7–9 yr

5:00–6:00pm Hip Hop/Commercial Dance 10–14 yr

6:10–7:25pm Ballet & Modern 10–14 yr

6:10–7:25pm Ballet/Tap 3 8–9 yr

SATURDAY

8:15–9:00am Little Movers 3–5 yr

8:30–9:00am Dance With Me! 2–3 yr

9:10–9:55am Jazz/Hip Hop 1 4–6 yr

9:10–9:55am Ballet/Tap 1 4–6 yr

10:05–11:05am Jazz/Hip Hop 2 7–9 yr

10:05–10:50am Ballet/Tap 1 4–6 yr

11:15am–12:15pm Jazz/Hip Hop Novice 10–14 yr

Dance With Me!

Children and their caregivers delve into dance and creative movement using props and themes for exploration.

Little Movers

Children explore dance through creative movement and enhance motor skills with props and themes. Students are required to complete this class before Mini-level.

Ballet and Tap

Proper ballet technique and alignment are learned with musicality and terminology. In tap, develop coordination, rhythm, and basic tap vocabulary.

Ballet and Jazz

Learn ballet with proper technique and alignment. Musicality and terminology are introduced. Explore jazz styles with a focus on basic techniques like isolations, turns, and jumps.

Jazz and Tap

Explore jazz styles with a focus on basic techniques like isolations, turns, and jumps. In tap, develop coordination, rhythm, and basic tap vocabulary.

Jazz and Hip Hop

Explore different jazz styles and techniques such as isolations, turns, and jumps. In Hip-Hop, develop a unique style while learning the fundamental moves.

Musical Theater

Enhance stage presence and performance with singing, acting, and dancing. Learn classical vocal methods, build improvisational skills, and Broadway choreography.

Hip Hop/Commercial Dance

Commercial dance, also known as "new style," is the type of hip hop seen in music videos, TV, and films. Blends elements from jazz, hip hop, street dance, and musical theater.

Ballet and Modern

Learn terminology and strengthen technique through barre and center work. Modern dance elements such as contractions, skips, and leaps are explored and tailored to each level.

Acro

Unique choreography and acrobatic elements are combined with classical dance techniques. Enhances flexibility, balance, strength, control, and discipline within a dance framework.



Questions about Dance Academy? Contact Marianna Tsartolia at mtsartolia@westfieldynj.org.

STRONG KIDS+

Thanks to the Strong Kids+ Annual Support Campaign, financial assistance is available for YMCA programs and services so that those with a bona fide financial hardship that live or work in Cranford, Garwood, Mountainside, or Westfield are not turned away for inability to pay. Proceeds from these events enable kids, families, and seniors in need of financial assistance to participate in YMCA programs and memberships. Plus, programs for underserved groups are subsidized to ensure they are available for all.

Summer Clothing Drive

Tuesday, June 3

7:00am–3:00pm

Drop-off: Cranford YMCA

(By the Y sign/front entrance gate)

- **Accepted items:** Clothes, shoes (must be bagged separately), belts, handbags, comforters, towels, sheets, bedding, curtains, stuffed animals, small toys (2 ft. or less), bikes, scooters, and strollers.
- **Not accepted:** Pots & pans, books, board games, sports equipment, electronics, glass, furniture, large toys, VCR tapes, outdoor play sets or appliances
- No items are accepted before/after drop off times.

Stop & Shop Community Bag Program

Make a difference right where you live! When you purchase a \$2.50 Community Bag at Stop & Shop in Westfield, \$1.00 from each bag will be donated to Strong Kids+.

Valid through May 2025.



Shop Mabel's Labels

Mabel's Labels offers personalized and durable labels for shoes, clothing tags, water bottles, backpacks, and more! Shop and select the Westfield Area YMCA as your fundraiser and 20% of your purchase will go back to Strong Kids+.

20th Annual Westfield Area YMCA GOLF CLASSIC

Monday, June 9, Echo Lake Country Club

Golf includes a cookout lunch, cocktail hour with hors d'oeuvres, dinner with a cash bar, and live & silent auctions. Not a golfer? Join us for just the evening events! Registration closes 6/6 or earlier if capacity is reached.



SPONSORSHIP OPPORTUNITIES

Sponsorships are 100% tax-deductible and are due by May 26 to ensure course signage. All sponsors will be listed in digital and printed promotional materials, on event signage and in our Annual Report. \$1,000 sponsors will be listed on the Main Y Facility lobby display. \$2,500+ sponsors may provide a banner for display and attend the cocktail hour, dinner, and auction.

DONATE TO THE AUCTION

If you have access to sports or event tickets, a vacation home, premium goods or experiences or other items to donate to the live or silent auction, your in-kind gift is greatly appreciated.



Questions? Contact Marla Itzkin at mitzkin@westfieldynj.org or x264.

AVAILABLE PROGRAMS & SERVICES BY AGE

PROGRAM	DETAILS	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+
Sports Leagues	Basketball, T-Ball				☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑					
Open Gym	Basketball, Pickleball				☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Open Swim	Family, Youth, Teen, Adult	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
School-Age Child Care	Before & After Care						☑	☑	☑	☑	☑	☑	☑							
Sports Classes	Soccer, Basketball, Sport Samplers				☑	☑	☑	☑	☑	☑	☑									
Dance Classes	Ballet, Tap, Jazz, Hip Hop, Acro, Modern, Musical Theater			☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑				
Early Learning	Full Day, Preschool, Kindergarten, KWrap	☑	☑	☑	☑	☑	☑													
Chess	Intro-Level 5							☑	☑	☑	☑	☑	☑	☑						
Creative Arts	Cartoon Drawing and Collaborative Theater								☑	☑	☑	☑	☑	☑	☑	☑	☑			
Flyers Track Club	Developmental & Competitive								☑	☑	☑	☑	☑	☑	☑	☑	☑			
Lifeguard Training	Includes CPR and First Aid																	☑	☑	☑
Racquetball	Reservations recommended											☑	☑	☑	☑	☑	☑	☑	☑	☑
Fitness Facilities	Cardio, Strength (min. age varies/room)														☑	☑	☑	☑	☑	☑
Fitness Facilities	Free Weights (min. age varies/room)																			☑
Fitness Express	Hydraulic equipment to be used in a 30-min. circuit									☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Swim Lessons	Group and Individual Classes	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Devilfish Swim Team	Developmental & Competitive						☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Gedman's Black Belt Academy	Taekwondo Intro-5th Degree					☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Kids Club	Facility Babysitting			☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Personal Training	Individual Sessions														☑	☑	☑	☑	☑	☑
Summer Camp	Traditional, Sports, Specialty, Leadership				☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Water Fitness	Group Exercise, Classes, Lap Swim																			☑
Group Fitness	Low Impact, Strength, Cardio, Hybrid, Mind & Body															☑	☑	☑	☑	☑

WESTFIELD AREA YMCA

220 Clark Street

Westfield, NJ 07090

908-301-YMCA (9622)

westfieldynj.org



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OUR MISSION

The Westfield Area YMCA is a nonprofit human service organization dedicated to developing the full potential of every individual and family in the communities it serves through programs that build healthy spirit, mind and body for all.

Strengthening the communities of Cranford, Garwood, Mountainside and Westfield since 1923.
Financial assistance is available for YMCA programs and memberships.



The Westfield Area YMCA is a member agency of the Westfield United Fund.

The Main Y is a drop-off location for the Westfield Food Pantry. Thank you for your generosity.



WORK AT THE Y

Working at the Y, you'll discover more than a job...you'll enjoy the opportunity to make a lasting difference in the eyes of those around you.

We offer full-time, part-time, and summer positions, so you can find a role and schedule that works best for you.

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or visit westfieldynj.org/jobs

